

**AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**LISTING OF CLAIMS:**

Claims 1 to 10. (Canceled).

11. (Currently Amended) A shoe for promoting a heel-to-toe motion of a foot, the shoe comprising:

an outsole;

an upper part;

wherein the outsole has a contraction, the contraction extending to a first area

where a back of the foot is located;

wherein a heel guide for a heel of the foot is provided in the upper part, the heel guide having one of a heelplate and a flexible heel brace;

wherein the one of the heelplate and the flexible heel brace are arranged in a second area where the heel of the foot is located and having a smaller height above the outsole in an area of an Achilles tendon of the foot than in the area of a front heel bone of the foot;

wherein the one of the heelplate and the flexible heel brace are configured such that [[an]] the Achilles tendon of the foot is free;

wherein in an area of the front of the foot the outsole has a profiling configured to provide for a great flexibility of the outsole with regard to the heel-to-toe motion of the foot.

12. (Currently Amended) The shoe according to claim 11,

wherein the contraction in the outsole is in a third area between where a forefoot of the foot is located and where the back of the foot is located[[:]].

13. (Currently Amended) The shoe according to claim 11,

~~wherein~~, wherein the outsole has a connecting area adjacent to the contraction.

Claim 14 to 16. (Canceled).

17. (Currently Amended) The shoe according to claim [[15]] 11,

wherein the profiling has one of parallel grooves and ray-shaped grooves, the one of the parallel grooves and the ray-shaped grooves extending at least partially over a width of the shoe.

18. (Previously Presented) The shoe according to claim 17,

wherein the one of the parallel grooves and the ray-shaped grooves extend over the entire width of the shoe.

19. (Currently Amended) The shoe according to claim [[15]] 11,

wherein the profiling is made up of at least two materials having different elasticities.

20. (Previously Presented) The shoe according to claim 11,

wherein the contraction of the outsole is arranged on an inner side of the shoe.

21. (Previously Presented) The shoe according to claim 11,

wherein the contraction of the outsole is arranged on an outer side of the shoe.

22. (Previously Presented) The shoe according to claim 20,

wherein the outsole has a further contraction, the further contraction being arranged on an outer side of the shoe.

23. (Canceled).

24. (Previously Presented) The shoe according to claim 11,

wherein the outsole is provided with a heel in the first area.

25. (Previously Presented) The shoe according to claim 17,

wherein the profiling is made up of at least two materials having different elasticities.

26. (Previously Presented) The shoe according to claim 18,

wherein the profiling is made up of at least two materials having different elasticities.

27. (Previously Presented) The shoe according to claim 11,

wherein the outsole has a connecting area adjacent to the contraction configured to minimize torsion of a forefoot with respect to the back of the foot.

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